

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of the Claims:**

1-6. Canceled.

7. (Currently Amended) A method of ~~attaining enhanced sexual wellness of both sexes~~ increasing fertility by stimulating nitric oxide synthase enzyme and releasing nitric oxide, comprising: administering a composition daily over a period of time, the composition comprising ingredients that include (1) a sex hormone, a precursor of a sex hormone or a stimulator of a production agent of a sex hormone; (2) dehydroepiandrosterone or dehydroepiandrosterone sulfate, a substrate and (3) a stimulator, the substrate being a source of arginine and, subsequently, of nitric oxide; the stimulator including proanthocyanidins to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide; and releasing a sufficient amount of nitric oxide from the synthesis in response to the administering to enhance sexual wellness to increase fertility by an end of the period of time.

8. (Original) The method of claim 7, wherein the administering includes initially administering an elevated dosage of the composition to attain the ~~enhanced level of sexual wellness~~ increased fertility by the end of the period of time and thereafter administering a dosage of the composition daily that contains less of the composition than the elevated dosage and still provide the enhanced level of sexual wellness.

9. (Original) A method of claim 7, further comprising administering additionally a hormone supplement, the hormone supplement being selected from a group consisting of a hormone concentration increaser that, when administered, increases concentration of hormones in blood, a hormone production stimulator that, when administered, stimulates production of hormones, and a precursor of hormones.

10. (Original) A method of claim 7, further comprising administering at least one hormone supplement increases a proportion of a hormone in its free form to be more

bioavailable.

11-15. Canceled.

16. (New) The method of claim 7 wherein the precursor of a sex hormone is dehydroepiandrosterone or dehydroepiandrosterone sulfate.

17. (New) The method of claim 7 wherein said method also improve blood flow to the genital area.

18. (New) A method of increasing sperm quality by stimulating nitric oxide synthase enzyme and releasing nitric oxide, comprising: administering a composition daily over a period of time, the composition comprising ingredients that include (1) a sex hormone, a precursor of a sex hormone or a stimulator of a production agent of a sex hormone; (2) a substrate and (3) a stimulator, the substrate being a source of arginine and, subsequently, of nitric oxide; the stimulator including proanthocyanidins to stimulate an endothelial NO-synthase enzyme, which serves as a catalyst for synthesis of the nitric oxide; and releasing a sufficient amount of nitric oxide from the synthesis in response to the administering to to increase sperm quality by an end of the period of time.

19. (New) The method of claim 18, wherein the administering includes initially administering an elevated dosage of the composition to attain the increased sperm quality by the end of the period of time and thereafter administering a dosage of the composition daily that contains less of the composition than the elevated dosage and still provide the enhanced level of sexual wellness.

20. (New) A method of claim 18, further comprising administering additionally a hormone supplement, the hormone supplement being selected from a group consisting of a hormone concentration increaser that, when administered, increases concentration of hormones in blood, a hormone production stimulator that, when administered, stimulates production of hormones, and a precursor of hormones.

21. (New) A method of claim 18, further comprising administering at least one hormone supplement increases a proportion of a hormone in its free form to be more

bioavailable.

22. (New) The method of claim 18, wherein the precursor of a sex hormone is dehydroepiandrosterone or dehydroepiandrosterone sulfate.

23. (New) The method of claim 18, wherein said method also improve blood flow to the genital area.